NATIONAL HINDU STUDENTS' FORUM (UK)

PROTECT, PRESERVE, PRACTISE, AND PROMOTE HINDU DHARMA

NATIONAL DHARMIC GAMES

DHARMIC GAMES

RULE BOOK

To be followed by all attendees.

FOOTBALL

KABADDI

NETBALL

KHO

BADMINTON

TAP A SPORT TO OPEN ITS FULL RULEBOOK

01 OUR SHARED MINDSET SANSKAARS

Dharmic Games is more than competition. Every participant, spectator and volunteer should carry a shared mindset of integrity, respect, togetherness and non-violence, on and off the court. We compete with humility, respect every opponent and official, and take responsibility for our actions, so that everyone can take part safely, proudly and positively.

Satya — HONESTY

Being truthful in our thoughts, emotions and behaviour in any setting.

e.g. *Being honest about how many players in our teams are part of our Hindu Society during registration.*

Shīla — INTEGRITY

Doing the right thing, even if the outcome may not benefit us.

e.g. *Owning up to any fouls we commit during a Kho Kho or football game, even if the referee does not see the offence.*

Satkāra — RESPECT

Staying grounded and humble regardless of our sporting ability, and showing respect to everyone around us.

e.g. *Being respectful in tone and language during the game and friendly with the opposing team afterwards, regardless of the outcome.*

Sangathan — TOGETHERNESS

Recognising that the entire world is one family (*Vasudhaiva Kutumbakam*). We celebrate sangathan by warming up together, helping to set the kabaddi mats before games and bonding during lunchtime.

Ahimsa — NON-VIOLENCE

NON-NEGOTIABLE

Ahimsa is a **non-negotiable standard** at Dharmic Games. It means actively avoiding violence, intimidation and deliberate harm towards opponents, teammates, officials, volunteers and spectators. Violence, threats, aggressive confrontation or deliberate attempts to injure may result in immediate removal from the match and competition.

"It is character, not prizes, which makes a champion."

LET THE DHARMIC GAMES BEGIN!

ELIGIBILITY AND MATCH DAY

02 RULES AND ENTRY

Every team player must:

- Have a **valid membership** for an affiliated Hindu Society.
- **Register** through the link provided on the social media platforms.
- University students must present a **valid university student ID** card with expiry date at registration on the day and at the start of the match. **University ID is required.**
- School students must present ID showing proof of age; pictures of ID are accepted.
- Be **over 16**: no under-16s and **no Year 11 students**.
- **School chapters** must sign the consent form in the registration form. Paper and/or scanned copies are not accepted.

On the day

Wristbands

Wear the **wristband** identifying your sport at all times and be verified before each game. Lost wristbands cannot be replaced and the player cannot participate.

Punctuality

A team more than **30 seconds late**, or not ready when called, is disqualified from that match; the opposition receives the applicable match/forfeit points.

Final say

Anything not covered by the rules (including rules, timings or number of teams) is decided by the Head of Sport or a National Committee member. If rules or format change, the Captain's Briefing is redone before further matches.

RULES AND ENTRY, CONTINUED

02 RESERVES AND GENERAL

16+
Over 16 only. No under-16s or Year 11s.

30 sec
Late or not ready? That match is forfeited.

Zone
Max 2 reserves, from your own zone only.

Reserves and cross-chapter players

1. Chapters that cannot form a complete team should notify their **Chapter Buddy**.
2. NHSF (UK) may allocate a reserve to a chapter that genuinely cannot field a full team, subject to eligibility, location and availability. Reserves must be from an affiliated Hindu Society **in the same zone** and meet all student-ID and membership requirements. A chapter may recruit a **maximum of 2 players** from its zone.
3. A chapter that can already field a full team **may not recruit extra players** from another chapter to strengthen it.
4. Players may not represent unaffiliated chapters or play without valid proof of student status and Hindu Society membership.

General

- Any individual, team or Hindu Society found breaking the rules may be disqualified at the discretion of the National Committee.
- By registering as a participant, spectator or referee, you consent to photo and video recording in line with our privacy policy.
- **All rules apply to schools too.**

Any questions?
For queries, contact your **Chapter Buddy**.

03 BEYOND THE SCOREBOARD AWARDS

⚠ Samatā and Bhumi Award points are given by **National Committee members and referees**. They must **never** be added to, removed from, or otherwise alter the score of a sporting match. They are used only to decide the relevant award.

THE Samatā Award

Recognises players, spectators and chapters who show respect, sportsmanship and positive engagement throughout the day. Points are recorded separately from match results.

CRITERIA MAY INCLUDE

- Respecting referees, volunteers and opposing teams.
- Positive and inclusive support from spectators.
- Respectful conduct before, during and after matches.
- Positive engagement with other Hindu Society members and event activities.
- Keeping the venue and shared spaces clean.

THE Bhumi Award

Recognises the chapter that contributes most positively to the shared event environment, based on participation, engagement and care for the venue. It is assessed separately from sporting results.

CRITERIA MAY INCLUDE

- Engaging with stalls and other activities throughout the day.
- Actively participating in all activities during the opening ceremony.
- Engaging with other Hindu Society members and sports players.
- Engaging with external guests present on the day.
- Respecting the venue's space and resources, including clearing away rubbish during meal times and after games.

5 PTS MAX

Fulfilling each criterion to a satisfactory level merits a maximum of **five points**, which will be added to the overall scores when determining the winning Hindu Society.

04 TO BE FOLLOWED BY ALL ATTENDEES RULEBOOK

The NEMA Policy

NO EGG · NO MEAT · NO ALCOHOL

- No egg
- No meat
- No alcohol or intoxicants
- No smoking or vaping

No egg, no meat, no alcohol or any other intoxicants can be consumed or be in your possession whilst on the premises during ANY NHSF (UK) Sports Competition. Smoking, vaping and e-cigarettes are not allowed.

IF YOU ARE A

Team player

Removed from the premises; the player's chapter is **disqualified from the entire day's competition** and its members may be required to leave.

IF YOU ARE A

Spectator

Removed from the premises.

NO WARNINGS

No warnings will be given. 'Premises' includes the venue, entrances, exits, outdoor areas and any space used for the competition; leaving the building does not remove you from the policy while attending.

Venue and kit

Keep the venue clean and pick up rubbish as you go. **No chewing gum on pitches.** Where practical, bins will be around the venue for chapters to throw their rubbish.

No jewellery. Bring covers where jewellery cannot be removed.

RULEBOOK, CONTINUED

04 LANGUAGE AND BEHAVIOUR

Swearing and inappropriate behaviour will not be accepted. Respect referees, the National Committee, volunteers, other players, members and spectators at all times. There is a **two-strike policy** for each player. **Strikes can be given out by National Committee members or referees at their discretion**, and media footage will not be considered.

Strike 1 · Yellow card

Formal warning to the player and their team.

Strike 2 · Red card

Immediate disqualification of the player and their team from that sport for the rest of the day. The player must leave the playing area and cannot be replaced.

⚠ Violence, threats, racism, intimidation or aggressive confrontation with officials may lead to **immediate removal from the event** and further disciplinary action.

✋ Do not approach, surround or confront referees. After a match, stay away until the official score is announced. **The referee's decision is final.**

Typical offences

OFFENCE	SANCTION
Swearing at each other, or at referees, including derogatory remarks.	Yellow: at each other Red: at referees
Arguing aggressively with, or persistently questioning, the referee.	Yellow: first time Red: after
Spitting, pulling hair, punching, slapping, kicking or other violence; threats; racism/political agendas.	Red: all
Inappropriate hand gestures or visual messages, by players or spectators.	Yellow Red: if continued
Inappropriate celebrations, including by spectators.	Red

SUMMARY TABLE

05 SPORTS AT A GLANCE

SPORT · tap for full rules	ON COURT	SUBS	FORFEIT WIN	ELIGIBILITY
Kabaddi (Male) Full rules (PDF) ↗	7	2	10–0	Male only
Kabaddi (Female) Full rules (PDF) ↗	7	2	10–0	Female only
Football Full rules (PDF) ↗	5	3	3–0	Male only
Netball Full rules (PDF) ↗	7	2	10–0	Female only
Kho Full rules (PDF) ↗	9	2	6–0	Mixed (minimum 2 players of each gender on court at all times)
Badminton Full rules (PDF) ↗	2	0	15–0	Mixed doubles (1 male, 1 female)

Cricket has been removed from the scope of the Dharmic Games.

- Player numbers are those permitted on court at any one time; substitute numbers are the maximum per team.
- **Forfeits:** if a team forfeits, the opposition wins by the score shown in the Forfeit win column.
- Mixed eligibility requirements must be met at all times during play.
- All eligibility, age and membership requirements apply as set out under Rules and Entry (see 'Reserves and cross-chapter players' for incomplete or merging teams).

It is character, not prizes, which makes a champion.
Let the Dharmic Games begin!

PROTECT · PRESERVE · PRACTICE · PROMOTE

Questions on the day or before? Contact your Chapter Buddy

DHARMIC GAMES · SPORT RULES

BADMINTON

Mixed
Doubles: 1 male, 1 female

0 subs
No substitutes

15 pts
Group stages

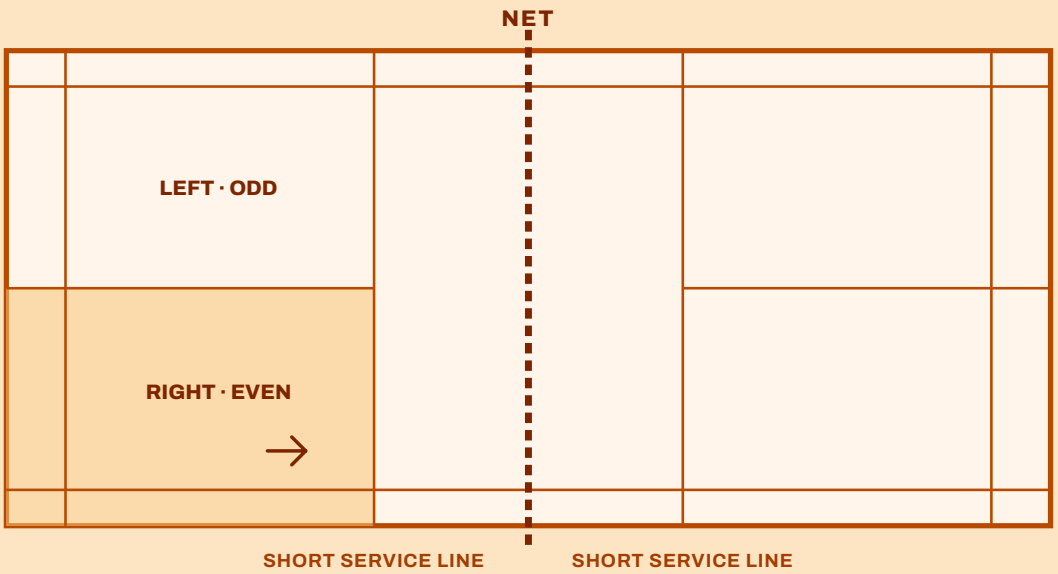
21 pts
Semi-finals and finals

Mixed doubles: one male and one female player per team. Bring your own rackets. Only the shuttlecocks provided may be used; the referee replaces any damaged shuttle.

SCORING

- Group stages are played to **15 points**; semi-finals and finals to **21** (time dependent, decided by the Head of Sport). These may be adjusted on the day, depending on timings.
- At 14 all (or 20 all), the first side to lead by two consecutive points wins. At 19 all (or 25 all), the next point wins.
- The toss winner chooses to serve, receive or pick their end; the loser chooses from what remains.

THE COURT



Server facing the net: serve from the **right** service court when the server's score is even, from the **left** when odd. A shuttle on the line is **in**.

BADMINTON, CONTINUED

SERVING AND FAULTS

SERVING

- Only **one serve** per turn in doubles. Serve from the right when the server's score is even, from the left when odd.
- If the serving side wins the rally, the same server serves again from the alternate court. If the receiving side wins, they serve next from the court matching their score.
- Players keep their service courts until they win a point while their side is serving.
- The server waits until the opponent is ready (attempting a return counts as ready). Both players stay inside their courts with part of both feet on the floor until the shuttle is struck.
- The shuttle must be struck **below the server's waist**, with the racket shaft pointing downward and the whole racket head below the hand.
- A serve is a fault if it does not cross the net, or lands in the wrong court, short of the service line or outside the service court. A shuttle on the line is **in**. Missing the shuttle is not a fault; touching it counts as served.
- A foot over the short service line (server or receiver) is a fault. If both are faulted at once, or anything unusual interferes with play, it is a **let** (replay).

GENERAL FAULTS

- Touching the net or its supports with racket, body or clothing while the shuttle is in play.
- Striking the shuttle before it crosses to your side (following through over the net is allowed).
- Holding or slinging the shuttle, hitting it twice in a row, or both partners hitting it in succession.
- Obstructing an opponent.
- The shuttle landing outside the court, passing through or under the net, or touching the roof or sidewalls.
- Without line markers, line calls are decided by the side of the court the shuttle lands on.

DRESS

Suitable sportswear: **no jeans or trousers** (tracksuits are fine). Rubber-soled, non-marking gym shoes.

FORFEITS

If a team forfeits, the opposition wins **15–0**.

DHARMIC GAMES · SPORT RULES

FOOTBALL

7 min	3 subs	5 on court	3 · 1 · 0
Straight, no halftime	Per team	Incl. goalkeeper · male only	Points: win · draw · loss

NO OFFSIDE	NO SLIDE TACKLES	NO METAL STUDS	KEEPER: 5 SEC RELEASE

Points: win 3 (a forfeit also earns 3), draw 1, loss 0. If a team forfeits, the opposition wins **3–0**.

PLAYERS AND SUBSTITUTIONS

- Up to **five players** per team, one of whom is the goalkeeper. A match is not valid with fewer than seven on either side.
- **Three substitutes** per team, made only when the ball is out of play and after notifying the referee. A substituted player cannot return. If all three are used, an injured player may still be replaced.

EQUIPMENT

- **No metal studs** (3G pitch; moulded studs allowed). Shin pads advised: playing without them is at your own risk. Shirts at all times, similar colours for outfield players, bibs where instructed.
- Without appropriate equipment, the player cannot play.

DURATION AND OFFSIDE

- **Seven minutes** straight, **no halftime**; the referee allows for stoppages. The Head of Sport may adjust this to the schedule.
- **No offside.**

START OF PLAY AND BALL OUT OF PLAY

- Kick-off is decided by quick-fire Sanskaar questions; the winner chooses kick-off or side. After a goal, the conceding team restarts from the centre circle.
- The ball is out when the whole ball crosses the goal line or touchline, or the referee stops play. Goal kicks may be taken from anywhere in the goal area, with the ball stationary.

FOOTBALL, CONTINUED

GOAL AREA, RESTARTS AND FAIR PLAY

GOAL AREA

- **Only the goalkeeper** may enter the goal area. If the opposition steps in, the defenders get a free kick; if the defending team steps in, a **penalty** is awarded (Head of Sport's discretion, depending on pitch size).
- A keeper touching the ball outside the area concedes a penalty. Keepers must release the ball within **five seconds** of the keeper having full control of the ball.
- Shooters carried into the area by momentum are not penalised unless they interfere with play.
- **Pass-backs:** a player cannot pass straight back to the goalkeeper after receiving the ball from them; it must touch another player first, or an **indirect free kick** is awarded.

RESTARTS

- **Throw-in:** facing the field, part of each foot on or behind the touchline, both hands from behind and over the head. No goal directly from a throw-in (opponents' goal: goal kick; own goal: corner). A second touch by the thrower gives a free kick.
- **Free kicks** are direct. Opponents stand at least **two yards** away (retaken if closer); a kick within two yards of the area is moved back. A second touch by the kicker gives the opposition a free kick.
- **Penalties:** awarded for keeper handling outside the area or a defender entering it. Taken from the edge of the area if there is no spot. The keeper keeps one foot on the line; the taker is identified, waits for the whistle and gets **one step**. Retaken if either side breaches the rules to their advantage.

SCORING AND SHOOTOUTS

- A goal is scored when the whole ball passes over the line between the posts and under the bar, unless thrown, carried or propelled by the hand or arm of an attacker (goalkeeper included).
- Knockout draws go to a **best-of-five penalty shootout**, then sudden death. The referee decides who goes first (coin toss or e.g. toss questions). Only players on the field at full time may take kicks, and the final goalkeeper stays in goal. All time dependent.

FAIR PLAY

No slide tackles. Violent or aggressive play, unsporting behaviour and abusive language are penalised.

A **red card** means leaving the field immediately, no replacement, and missing the team's next fixture.

DHARMIC GAMES · SPORT RULES

KABADDI

7 on court
Male and female teams

2 subs
Max two substitutions per game

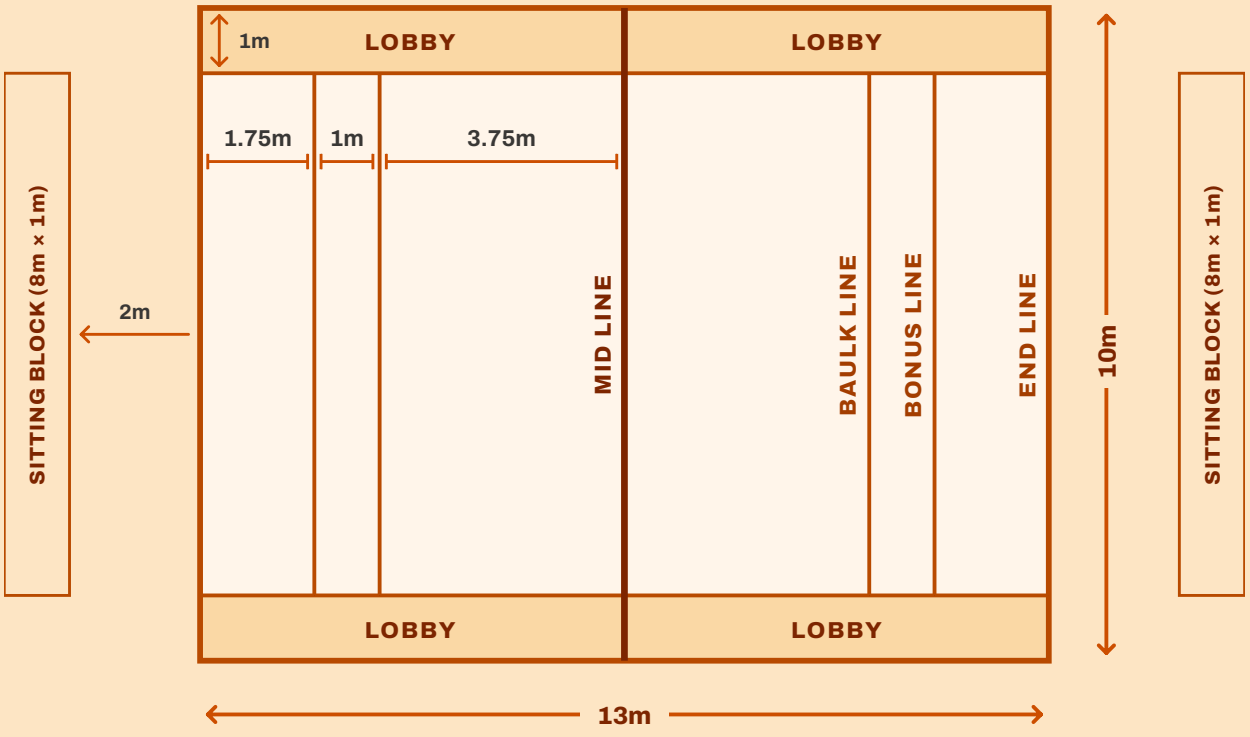
10 min
Two 4:30 halves, 1-min interval

30 sec
Maximum raid

THE GAME

- Based on the rules of the **England Kabaddi Association (EKA)**. **Teams:** 7 on court, up to 2 substitutes (max two substitutions per game).
- **Match:** 10 minutes (two 4:30 halves, 1-minute interval; subject to change). The last raid of each half is completed after the timer ends. The dharmic question winner chooses a court or raid. The second half continues with the same number of players as at the end of the first.

THE COURT



Court for men and junior boys. Eliminated players sit in the sitting block in order.

KABADDI, CONTINUED

KEY TERMS AND RAIDING

KEY TERMS

RAID
A raider enters the opponents' half holding the **chant** ("kabaddi", unbroken and clearly heard, started before crossing the midline) and must return within **30 seconds** or be out.

BAULK LINE
The raider must cross it ('checking' with a trailing foot in the air) or the raid is empty.

BONUS LINE
Active with 6+ defenders; one foot across with no other contact with the mat earns a bonus, but not if the raider has touched a defender first or after a touch/struggle starts.

TOUCH
Raider touches any part of a defender (clothing, hair, shoes). The defender is out if the raider returns with the chant.

LOBBY
The 1m side strip, active only once a touch/struggle begins.

PURSUIT
A defender chasing the returning raider into the opponents' court (not possible after a struggle).

SUPER RAID
3+ touch points (no bonus).

SUPER TACKLE
3 or fewer defenders successfully tackle a raider (+1 bonus).

DO-OR-DIE
After one or two consecutive empty raids, the next raider must score or is out and the opposition gets a point.

RAIDERS

- Broken chant, stepping out of the area, or two raiders crossing the midline = a **technical point** to the opposition (broken chant/step-out also puts the raider out). The raider may not pull a defender out of the area.
- Any body part may be used, including kicks above waist height. The raiding team cannot communicate directly with the raider.

KABADDI, CONTINUED

DEFENDING, SCORING AND FAIR PLAY

DEFENDERS

- A defender stepping out is out immediately (technical point to the raiding team). Crossing the midline while holding the raider puts the defender out, not the raider.
- A defender may push the raider out if the raider's whole body leaves the area. No stifling the chant, **no holding hair/clothes, no neck holds**. The defending team cannot communicate directly with the raider.

SCORING AND KNOCKOUTS

- **Forfeit:** if a team forfeits, the opposition wins **10–0**.
- Each opponent out = 1 point and one of your players revived (in order of elimination). No revival for technical or bonus points. Eliminated players sit in the sitting block in order.
- If a team is all out, the opposition gets **2 bonus points** and the team returns with all 7 players.

+2
Bonus points for an all out

FAIR PLAY

Violent or aggressive play and abusive language are penalised. Cards are issued by the **main referee only**.

YELLOW
First warning plus a 2-minute suspension and 1 technical point to the opposition.

RED
No substitute or revival in its place; a second red card disqualifies the player from the tournament.

10 warnings
Disqualify a Hindu Society from Kabaddi.

FOOTWEAR AND KIT

- **Footwear:** kabaddi, wrestling or boxing shoes, or flat-bottom shoes (barefoot at own risk); checked before matches.
- No long nails; no jewellery (cover unremovable items with a clearly visible plaster).

REFEREE SIGNALS

OUT OF BOUNDS
Both palms towards body.

POINTS / OUTS
Raised hand for number, other arm points to scoring team.

BONUS
Arm horizontal, thumb up.

DHARMIC GAMES · SPORT RULES

KHO

9 on court
Plus 2 substitutes

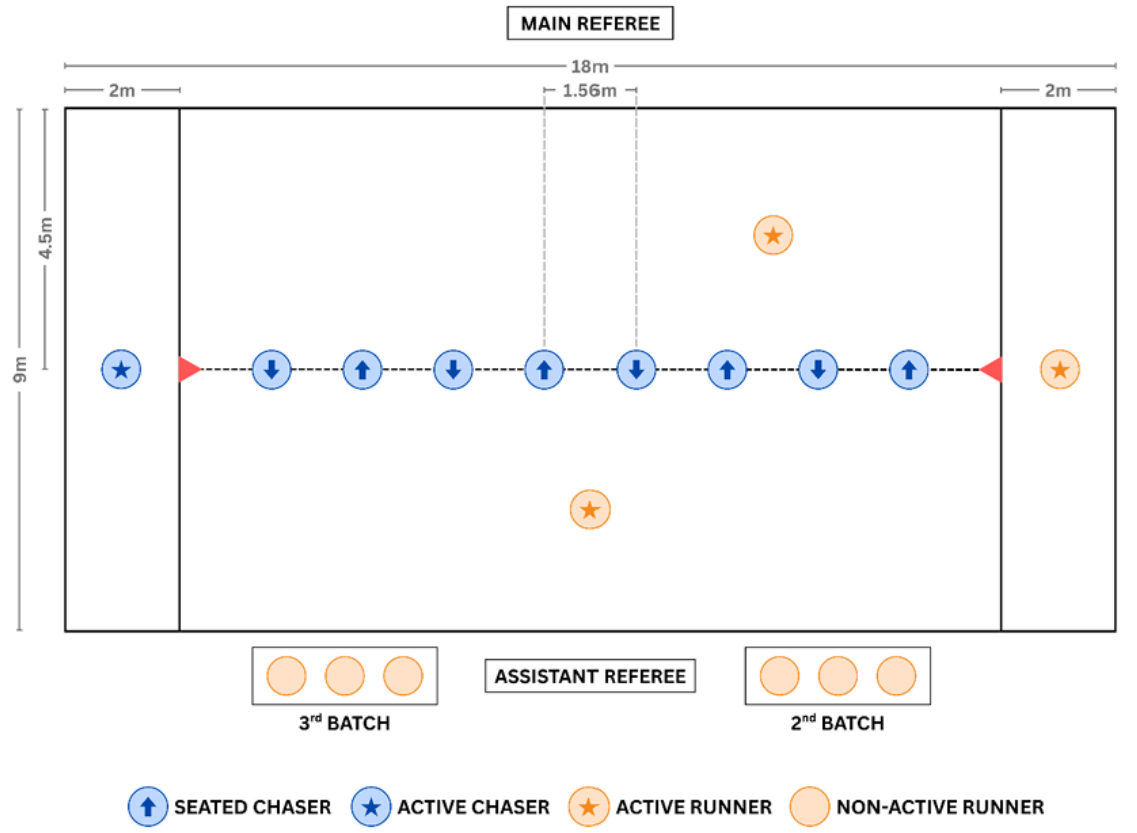
Mixed
Minimum 2 female players

2 × 3 min
Halves, max 1-min changeover

18m × 9m
Court, with 2m free zones

NOTICE Players must wear appropriate footwear at all times. Barefoot participation is not permitted. The deliberate application of water or any other substance to footwear for the purpose of increasing grip is prohibited.

COURT LAYOUT



KHO, CONTINUED

COURT, TEAMS AND MATCH STRUCTURE

THE COURT

- The court measures **18m × 9m**.
- A free zone measuring 2m × 9m is located at each end of the court.
- The main playing area between the two free zones measures 14m × 9m.
- A centre line runs along the length of the court at the midpoint of the 9-metre width, 4.5 metres from each long edge.
- A player is in the area if at least part of one foot is on or inside the boundary line and grounded. If that foot is lifted or dragged fully beyond the line, the player is out of the area.
- The free zone marker line is not part of the free zone.

TEAMS AND SQUADS

- Each team has a registered squad of up to **11 players** (minimum 2 female players playing all matches).
- For each match, a team selects **9 starting players and 2 substitutes**. The selection may differ from match to match.
- Substitutes sit beside the main referee for the duration of the match. Substitutions may only be made at half time, or during the first half in the event of an injury preventing a player from continuing.
- A player substituted due to injury is deemed unfit to play for the remainder of that day's fixtures.
- A match cannot continue if a team has fewer than **7 active players**. The team unable to field the minimum forfeits the match.

MATCH STRUCTURE

- Before each match, a dharmic question between the appointed captains determines which team runs or chases first.
- Each match consists of **two 3-minute halves** with no more than a 1 minute changeover at half time.
- At half time, the two teams swap roles.
- If a team has fewer than 9 active players, the seated chasers are spaced evenly across the 14-metre playing area.
- If a match is stopped mid-play for any reason, the main referee shall instruct the timekeeper to add additional time at their discretion.
- In league fixtures, a draw is a valid result.

KHO, CONTINUED

PPM SHOOTOUT AND CHASING SETUP

PPM SHOOTOUT

$$\text{PPM} = \frac{\text{Score}}{\text{Time taken} / 60}$$

- In knockout matches, if scores are level after normal time, the match is decided by a **PPM Shootout** (Points Per Minute).
- Where: **Score = 3 − (Fouls × 0.5)**. Time taken is measured in seconds to 2 decimal places.
- Both teams chase a single batch of **3 runners**.
- Before the shootout begins, a new dharmic question is conducted; the winner chooses whether their team runs or chases first.
- The timer starts at the beginning of the shootout and stops once all 3 runners are out and the phase of play ends.
- No further substitutions may be made between the end of normal time and the start of the shootout; a team's lineup is drawn from the players active at the end of the second half.
- The team with the higher PPM wins the PPM Shootout. If PPM is equal, the result is decided in order by:

1. Fewer fouls committed while chasing.
2. If fouls are also equal, the faster time taken.
3. If time is also equal, the team that lost the shootout coin toss is declared the winner.

THE CHASING TEAM

SETUP AND POSITIONING

- The chasing team fields 9 players: **8 seated** along the centre line and **1 active chaser** who starts from within the free zone.
- The 8 seated chasers are spaced evenly along the centre line, with a gap of 14/9 metres between each player, and between each end player and the free zone line.
- Seated chasers alternate the direction they face. The team chooses the starting orientation.
- No more than 1 chaser may be standing at any time.

THE CHASING TEAM, CONTINUED

GIVING KHO AND MOVING

GIVING KHO

- The active chaser passes the chase by calling a loud, audible **'Kho'** to a seated chaser's back, with at least one foot placed behind that chaser at the moment Kho is called.
- Kho may not be given to a chaser on the opposite side of the centre line.
- Kho is invalid if the active chaser's foot is not behind the seated chaser at the moment it is given, or if given to a chaser already passed.
- On receiving a valid Kho, the new active chaser stands and continues the chase. The chaser who gave Kho must sit down in that position immediately.
- When giving Kho to the seated chaser closest to the free zone, the active chaser's front foot must not cross the free zone marker line.
- Kho may not be given to a chaser who has not yet fully returned to a seated position.
- A valid Kho must be given before any runner from a new batch may be given out.

CHASER MOVEMENT AND DIRECTION

- Once the active chaser commits to a direction (left or right along the length of the court) they must continue in that direction and **may not backtrack**.
- Backtracking is defined as the shoulders leaning backwards or the feet moving backwards beyond the chaser's current position along the length of the court.
- The active chaser may not cross or step on the centre line while in the main playing area. The only way to switch sides is via the free zone.
- A chaser is not penalised for natural reach when attempting to tag a runner, provided no backtracking occurs.

THE FREE ZONE

- Within the free zone, direction restrictions do not apply. The active chaser may move freely in any direction.
- A chaser is only considered to have entered the free zone once **both feet** are fully inside it. The marker line is not part of the free zone.
- The moment one foot touches or crosses the free zone marker line on exit, the chaser has re-entered the main playing area and direction rules apply immediately.
- The active chaser may use the free zone to reverse direction or to cross to the other side of the centre line by going around the cone.
- When pivoting around the cone, a chaser may place a hand on the floor on their current side of the court or within the free zone. Placing the hand beyond the centre line is a foul unless both feet are already inside the free zone.
- Touching or kicking a cone is a foul.

KHO, CONTINUED

RUNNING, SCORING AND OUTS

THE RUNNING TEAM

- The running team is divided into **three fixed batches of 3 players**, set before each half and unchanged for its duration.
- The first batch starts on the court. The second batch waits to the right of the assistant referee, and the third to the left.
- Once all 3 players of the current batch are out, the next batch must enter from the right of the assistant referee within **3 seconds**. Any player who does not enter within this time is given out.
- As a new batch enters, the remaining batches rotate: the batch on the left moves to the right, and the outgoing batch moves to the left.
- The cycle repeats in the same order for the duration of the half. If all players are given out before time expires, the cycle restarts from the first batch.
- Runners may move freely in any direction, including across the centre line.
- If a team fields fewer than 9 active players, as soon as the final batch enters the court, the chasing team is immediately awarded 1 point for each runner short of 3 in that batch.

SCORING

+1
Each runner given out scores 1 point for the chasing team.

−0.5
Each foul by the chasing team results in a deduction of 0.5 points.

Most points
The team with the most points at the end of the match wins.

Forfeit: if a team forfeits, the opposition wins **6–0**.

WAYS A RUNNER IS OUT

1. The active chaser touches any part of the runner's body, hair, or loose clothing using **their hands only**. Only the active (standing) chaser may give a runner out.
2. The runner steps out of bounds as defined in rule.
3. The runner fails to enter the court within 3 seconds of the previous batch being fully given out.
4. The runner enters the court as part of a different batch to the one in which they started.

KHO, CONTINUED

FOULS AND PHASE OF PLAY

FOULS

A foul is awarded against the chasing team when any of the following occur:

01 The active chaser **backtracks**: shoulders lean backwards or feet move backwards beyond their current position along the length of the court.

02 The active chaser crosses or steps on the centre line while in the main playing area.

03 Kho is given without the active chaser's foot behind the seated chaser, or Kho is given to a chaser already passed.

04 A seated chaser makes a clear attempt to stand before receiving a valid Kho.

05 A chaser steps fully outside the court boundary.

06 More than one chaser is standing at the same time.

07 A chaser touches or kicks the cone.

08 A chaser places their hand beyond the centre line when pivoting unless both feet are already inside the free zone.

09 The active chaser's front foot touches or crosses the free zone marker line while giving Kho to the seated chaser closest to the free zone.

10 Kho is given to a chaser who has not yet fully returned to a seated position.

PHASE OF PLAY

- If a foul is committed within the same phase of play as a tag, the runner is **not out** and returns to play.
- If a foul is committed after the phase of play has ended, the runner remains out and the foul is treated separately.
- A phase of play ends when:
- The active chaser gives a valid Kho, and the new chaser has stood up, or
- The active chaser crosses the free zone marker line, whether entering or exiting the free zone.
- If a foul is committed before a tag, that tag is invalid. The phase of play resets only once a valid Kho has been given and the new chaser has stood up.

KHO, CONTINUED

REFEREES AND SIGNALS

OFFICIALS

- Each match is officiated by a **main referee** and an **assistant referee**. A separate scorekeeper and/or timekeeper may also be appointed.
- The main referee is the only official permitted to blow the whistle and has the final say on all decisions. The main referee may overrule the assistant referee.
- The assistant referee is positioned on the opposite side of the court and signals observations as follows:



RUNNER IS OUT
One hand raised high.



FOUL COMMITTED
One hand extended to the side.

WHISTLE SIGNALS

WHISTLE	MEANING
▬ ●	**One long, one short:** start or end of a half.
●	**One short:** runner given out. Referee points at the player.
● ●	**Two short:** foul committed. Referee points to the location.
● ● ● +	**Three or more short:** match stopped. Time is paused and resumes at the main referee's discretion.

−1 max The main referee and assistant referee may jointly deduct a maximum of 1 point from a team's score per incident for intentional misconduct. The deduction is agreed and applied immediately after the match before the final score is revealed to either referee.

FOOTNOTE

Source and attribution: This rulebook is substantially derived from the KhoPL Rulebook (Version 4.0), and that the copyright and governance stay with the Kho Premier League.

Deviations: This rulebook conforms to the KhoPL Rulebook apart from minor modifications made solely for suitability for the Dharmic Games.

DHARMIC GAMES · SPORT RULES

NETBALL

7 players	2 subs	10 min	Female only
Up to seven per side	Per side	Plus 30-second half time	Eligibility

MATCH BASICS

- **Points:** win 3, draw 1, loss 0. If a team forfeits, the opposition wins **10–0**. **Duration:** 10 minutes plus a 30-second half time (provisional, subject to change).
- **Teams:** up to **seven players** and **two substitutes** per side. If a player is injured and there is no substitute or replacement from another Hindu Society, play one person short or forfeit.
- **Whistles:** start: one long; offence: one short; goal: one short; half time: one long; end: two short then one long.

CENTRE PASS

- Taken alternately by the two Centres after each goal, on the referee's whistle. The Centre starts with one or both feet in the centre circle and must obey the footwork rule.
- All other players start in their goal thirds and may not enter the centre third until the whistle. The pass must be caught or touched by a player in, landing in, or jumping from the centre third.
- If the ball is still in the Centre's hands when the whistle ends the quarter/half, the pass is ruled not taken.

POSITIONS

GS GOAL SHOOTER
Scores goals.

GA GOAL ATTACK
Scores goals.

WA WING ATTACK
Feeds the circle players.

C CENTRE
Takes the centre pass and links defence and attack.

WD WING DEFENCE
Intercepts and stops the WA feeding the circle.

GD GOAL DEFENCE
Wins the ball and limits the GA.

GK GOAL KEEPER
Works with the GD to stop the GS scoring.

ONLY GS AND GA CAN SCORE

NETBALL, CONTINUED

PLAYING THE BALL AND PENALTIES

PLAYING THE BALL

- Pass or shoot within **three seconds** of catching. You may bounce or bat the ball once to gain control; a player on the ground must stand before playing it.
- Once released, the ball must next be touched by another player. Leave room for a third player's hands between thrower and catcher.
- A backline pass may rebound off the goalpost only if the player has landed on court before catching it, otherwise a **free pass** goes to the opposition.
- **Footwork:** after catching, land on **one foot** (you may pivot, but once lifted it cannot be re-grounded before release) or **two feet** (once one moves, the other is the landing foot).

SCORING

- Only the **GS or GA** can score, and must be entirely inside the shooting circle when receiving the ball.
- Leaning on or moving the post during a shot gives the opposition a free pass. If a shot misses the rim, the shooter cannot re-catch it (**repossession**: free pass).

OBSTRUCTION, CONTACT AND COURT BOUNDARIES

- **Obstruction:** defend a player with the ball from **0.9m (3ft)**. Without the ball, defenders may be close but **not touching**, with arms outstretched above the ball and no other body part used. Intimidation counts as obstruction.
- **Contact:** no contact, accidental or deliberate, that interferes with an opponent's play. Holding clothing or body is an offence.
- **Out of court:** a player may jump from inside the court and throw or bat the ball before landing outside. A player without the ball may leave the court only to reposition back on it; otherwise a **free pass on-court** is given. A ball out of court is returned by a throw-in within 3 seconds.
- **Over a third:** the ball may not be thrown over two transverse lines without being touched. **Offside:** moving outside the area allowed for your position (a line counts as within either area).

PENALTIES

- A **penalty pass** (penalty shot in the shooting circle) is awarded for obstruction, contact, footwork violations or being outside the court, taken from where the infringement occurred. The offender stands out of play beside the taker until the ball is released.
- A **toss-up** (umpire flicks the ball up to 0.6m) settles simultaneous infringements.

SAFETY No long fingernails (not past the nail bed); no jewellery (cover unremovable items with masking tape); no sharp material on shoe soles.